



How to Keep Me Safe:

- Do not leave me alone on the bed or I may roll off.
- Block stairways and other places where I can climb and fall.
- Do not give me objects smaller than an orange or tennis ball. I might choke on them.
- Keep all medicines, cleaners, poisons and cosmetics out of my reach.
- Keep the poison control telephone number next to the telephone.
- Always put me in a car seat when I am in the car – it is the safest place for me to be. Make sure my car seat is put in the car the correct way.
- Do not smoke near me or in my house. My lungs are fragile.
- Do not prop a bottle in my mouth because I cannot take it out and I might choke. I can learn a lot when you hold me and talk to me when you are feeding me.

This information lists activities and normal signs of growth and development that most children will be able to do during this time period. If you have questions about your child's performance or growth and development, contact your health care provider or local health department.

It is important that children have regular health checks at the ages of 2 weeks, 2 months, 4 months, 6 months, 9 months, 12 months, 15 months, 18 months, 2 years, 3 years, 4 years, 5 years, 6 years, 8 years, 10 years, 12 years, 14 years, 16 years, 18 years, 20 years. For information on medical coverage, contact your local community service office. If you have medical coupons, ask your doctor or health care provider for a "Healthy Kids" or EPSDT screening.

How I Grow



5
to 6
Months



How I Develop:

- I can push up on my tummy with straight arms. I may even push back into a creeping position and rock back and forth.
- I can move around by rolling or crawling on my tummy.
- I can sit pretty well with a straight back, but I still need some support.
- On my back I can reach for my feet and may bring them to my mouth to taste.
- I am getting pretty good at reaching and moving objects from one hand to another.

How I Act:

- I love to make sounds and can try to imitate you.
- I am beginning to understand some words that you say.
- I learn about things by putting them in my mouth.
- I am beginning to play games like peek-a-boo.

■ Sometimes I make sounds because I want your attention.

■ Sometimes I may cry when I do not get my way but I can easily be distracted.

How You Can Help Me Learn:

- Imitate my sounds. They are the beginning of language.
- Give me time on the floor to practice my new skills both on my tummy and back.
- I love music. Sing and dance with me.
- Give me squeaky toys and toys that make noise when I bang them.
- Play music for me. Sometimes I like quiet time too.
- Play games with me, like peek-a-boo and patty-cake.
- Look at me and respond to me. It makes me feel good about myself.



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Sincerely,

Health Education Resource Exchange Web Team

P R I N T I N G S P E C I F I C A T I O N S

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Special instructions: 2-sided printing with bleeds. Finished job folds to 4 x 8.5

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